

Matcha Energy Balls

14 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Almonds
3/4 cup Hazelnuts
1 1/2 tbsps Green Tea Powder (matcha)
1 1/2 tbsps Coconut Oil
1 cup Pitted Dates
1/4 cup Unsweetened Coconut Flakes
1/4 tsp Sea Salt

DIRECTIONS

- 01 Add the almonds, hazelnuts, green tea powder, coconut oil, dates, coconut flakes and sea salt to a food processor and blend until well mixed and sticky.
- 02 Transfer to a medium-size mixing bowl. Form into even balls with your hands, roughly 1-inch in diameter. Dust with more green tea powder if desired. Store in the fridge or freezer until ready to enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	157	Carbs	12g
Fat	12g	Protein	4g